

Shawn Cohen
Director

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Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home & more. No question is too small. Call (860)747-5728.

CHINESE NEW YEAR BUFFET LUNCHEON

TUESDAY, MARCH 12, 12:00 PM COST: \$15.00

Please register and pay at the Senior Center.

Sign up Begins March 6

2024 Is the year of the Dragon— The Dragon symbolizes power, nobleness, honor, luck, and success in traditional Chinese culture. Let’s celebrate the year of the dragon with a delightful Chinese Buffet lunch featuring lots of favorite dishes including Beef with Broccoli, Vegetable Lo Mein, General Tso’s Chicken, Shrimp with Lobster Sauce and more.



ST. PATRICK AND BUZZARDS DUAL EVENT

MARCH 15, 10:30 AM Cost: FREE

Sign up begins March 6



Join us as we celebrate the Buzzards returning to Hinckley, Ohio, the Ides o’ March, St. Urho’s Day and St. Patrick’s Day all in one morning. Compete in the Buzzard Olympics—Pin the Tail on the Buzzard, Buzzard Trivia and the Best Buzzard Imitation Contest for valuable Buzzard prizes!

Most Snazzily Dressed Leprechaun Contest. We welcome members to contend in the exciting



“best-dressed leprechaun challenge” to win a ‘pot of gold’ (gold chocolate coins in a pot). Tell a Grasshopper or Frog story in honor of St. Urho. Enjoy delectable green treats and an Irish and Buzzard sing along.



LINE DANCING TRIAL CLASS—FREE

THURSDAY, MARCH 14, 1:30 PM—2:30 PM

Sign up begins March 6

Here’s a new class for the new year. Limber up and energize as you learn the basics of line dancing with our experienced instructor, Jim Gregory. You can waltz without a partner. You can country line dance without a honky-tonk bar. Rock and roll, disco and Latin rhythms can work for you as well. So, enjoy each hour with a group of fun loving senior dance students. Sign up for this free trial class and if we have enough interest, we will add this as a regular weekly class.

MOVIE MATINEE: “THE BOYS IN THE BOAT”

THURSDAY, MARCH 21, 2:00

PM COST: FREE



Sign up begins March 6

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin Germany. The Boys in the Boat is a true story based on the struggles and sacrifices made by the University of Washington rowing team.

SEE PAGE 7 FOR EXCITING QUICKTRIPS

SHREK! THE MUSICAL

SUNDAY, MARCH 24, 2:00 PM

ST. PAUL’S CATHOLIC H. S., BRISTOL

COST: \$20.00 Must sign up by March 11

CHESHIRE SYMPHONY ORCHESTRA

SPRING CONCERT @ ST. PETER’S

CHURCH FRIDAY, MARCH 22, 6:30 PM

COST: \$18.00 Sign up begins March 6

Dial-a-Ride Driver
Needed
See Page 7 for Details



CLASSES & PROGRAMS

QUILTING CLASSES



*INSTRUCTOR: DARLENE BACHAND
WEDNESDAYS, 9:00 AM — 11:30 AM*

March 6, 13 & 20—Spring Tulips Table Runner 20" X 50" *COST: \$6.00* Easy to make table runner will look beautiful for the entire Spring & Summer.

March 6, 13, 20, 27—OPEN SEW—Every Wednesday
COST: \$2.00 per class,
Work on your own. Limit: 8 participants

April 3, 17, 24—Mexican Tiles Wall Hanging 34"X34"
COST: \$6.00 A very unique process will create this amazing Wall Hanging.

April 3, 10, 17, 24, —OPEN SEW—Every Wednesday
COST: \$2.00 per class
Work on your own. Limit: 8 participants

PRE-DIABETES & DIABETES SUPPORT GROUP & EDUCATION

Monthly Monday Morning Meetings

@ 10:00 AM—11:00 AM FREE—Sign up required

Whether you are new to or have pre-diabetes or diabetes, if you would like updated information, tips, tricks, support, these sessions are for you!

By: Betsy Gaudian MSN, RN-BC, RDN, CDCES

* **March 25—Monitoring + CGMs**

April 29—Medications and All That Jazz (BP & Cholesterol)

May 20— How to Cope, Emotions, Problem Solving

June 24—Exercise, Open Forum, Resources, Show + Tell

BOOK BUDS MARCH BOOK: "THE BRIGHTEST STAR" by Gail Tsukiyama

FRIDAY, MARCH 22, 10:00 AM COST: FREE!

INSTRUCTOR: KATHLEEN MARSAN

A historical novel based on the life of Anna May Wong, the first and only Asian American woman to gain movie stardom in the early days of Hollywood. Known for films such as Daughter of the Dragon, Shanghai Express and The Good Earth, she fought diligently to have the film industry portray Chinese and Chinese Americans in a positive light. Join us for an excellent book club discussion! Be sure to sign up as seating is limited (we keep the group small and comfortable). The book is held specifically for our group at the Plainville library and is available as an e-book if you prefer.



SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, MARCH 21, 10:00 AM

Snappy Senior Photography will be matting their 8X10 photos for the group's upcoming exhibit at the Plainville Public Library. Experienced exhibitors will be helping newer members with their matted prints. Also, the exhibit will take place at the Plainville Public Library from Monday, April 1 to Friday, April 19; with a public opening reception on Wednesday, April 3 at 4:00 pm. Reservations are not needed for the opening reception at the Library. New members are always welcome to join. To register & for more information, call the Senior Center at 860-747-5728.

SNAPPY SENIORS PHOTOGRAPHY presents A PHOTOGRAPHY EXHIBIT WITH AN OPENING

RECEPTION—Plainville Public Library, 56 East Main St.

EXHIBIT: April 1 to April 19

OPENING RECEPTION: Wednesday April 3 at 4:00 PM

EASTER & SPRING CARD CLASS

MONDAY, MARCH 18, 1:30 PM COST: \$4.00

INSTRUCTOR: DIANE SPERRY Sign up begins March 6

Join us as we get ready for Springtime and Easter by creating 4 (four) of your own personalized cards. All supplies are included.

SPRING HAS SPRUNG BIRD FEEDER

CRAFT: *MONDAY, MARCH 25, 2:00 PM*

COST: \$5.00 Instructor: Donna Wolicki

Sign up begins March 6

Join us in making a homemade Orange Bird Feeder for your home or yard. Bird feeders offer a fun & entertaining way to observe birds & connect with nature. They also supplement the natural food sources available for birds. All supplies included.



INCOME TAX PREPARATION—BY AARP TAX AIDE & HRA VITA TAX COUNSELORS

Free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers. The dates for 2024 (tax returns for calendar year 2023) are **Tuesdays through Tuesday April 9 and Fridays, through April 12.** Appointments required. Call the Senior Center to schedule an appointment.

IMPORTANT REMINDERS: Before your appointment, please stop by the Senior Center to pick up a checklist of items required to bring to your appointment and an intake packet that **MUST** be completed before your appointment.

MORE CLASSES & PROGRAMS

MOVE YOUR MIND

WEDNESDAY, APRIL 3, 2:00 PM **COST: FREE**

Join presenters from Arbor Rose for an interactive, fun presentation by our experts on the latest trends in Healthy Eating—MIND Diet, Free Balance Screening, Information and Recommendations for Staying Active, and MOVING! Participants will receive healthy recipes, samples of food made, and a Good Life Fitness Gift Certificate. Refreshments will be provided.

VACCINATION CLINIC—OPEN TO THE PUBLIC

MONDAY, APRIL 15, 9:30 AM—12:30 PM **COST: FREE**

Sign up begins March 6 at the Senior Center

We will be hosting another vaccination clinic in partnership with Stop & Shop for COVID, RSV, Pneumonia, Tetanus and Shingles (1st & 2nd dose). Appointments are required and you must bring your insurance card.

AARP SMART DRIVER COURSE

WEDNESDAY, MAY 1, 12:30 PM—4:30 PM

COST: \$20 for AARP Members

COST: \$25 for Non-AARP Members

Sign up begins March 4 for members and

March 11 for Non-Members

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher for the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

MAHJONG—AMERICAN STYLE: LEARN TO PLAY

FRIDAYS, 10:00 AM—12:30 PM

TEA @ 3—MAKE A NEW FRIEND, TELL STORIES, SHARE INTERESTS BY PHONE OR COMPUTER



For All Ages is CT's nonprofit dedicated to connecting the generations and inspiring action to end loneliness, reduce ageism, and improve health and well-being. In 2020, For All Ages began offering its free, 12 week Tea @ 3 Intergenerational Friendship Community connecting college students with older adults across the state for a weekly phone call during the college semester. Offered each spring and fall, this innovative program matches a younger and older adult based on common interests. Each pair of 'Tea-Mates' enjoys a weekly phone call at a mutually convenient time. Community members receive a weekly email with a brief health-related topic and short video that offers ideas for conversation. Plus, Community members have the opportunity to attend two free live Zoom events that enable them to meet others in the Community, learn about one another, and enjoy some friendly competition for cash prizes. Don't worry if you don't have a computer or smart phone, you can use your telephone. Hundreds of residents across CT have enjoyed participating in this program! Learn more & sign up today at www.forallages.org/tea-at-3. This program is available to college students and CT residents ages 55+. All senior center members are invited to sign up for this spring's Community.

CURRENT EVENTS DISCUSSION GROUP



TUESDAYS, 1:00 PM

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register—just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

HEALTH AND SAFETY AT THE CENTER

STAY HEALTHY AT THE SENIOR CENTER HEALTH DEPARTMENT RECOMMENDATIONS

1. Stay home when you are feeling sick.
2. Wash your hands.
3. Cover your cough and wear a mask.
4. Stay up-to-date on vaccinations.



FIRE ALARM/EXIT PLAN—As a result of our recent fire alarm, we would like to remind everyone when a fire alarm sounds, you are to exit the building IMMEDIATELY! Please gather at a spot away from the building. Once the Fire Department determines it is safe to return to the building, we will notify you. Thank you for your understanding in this matter.

HELP FOR VETERANS

TUESDAY, MARCH 19, 10 AM
BY APPOINTMENT

Our Veterans Service Officer, CT Department of Veteran’s Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

VETERANS’ NEWS & ACTIVITIES

VETERANS’ SOCIAL HOUR:

TUESDAY, MARCH 26, 10:00 AM

These monthly information & support meetings are conducted by Sherri Vogt, Veteran’s Liaison for Hartford HealthCare Senior Services. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.

Call the Senior Center at (860)747-5728 to register.

PLAINVILLE VETERANS COMMISSION

For All Veterans in Financial Need

MONDAYS 6:00-7:00PM
Municipal Center, Room 306. Call Dave Dudek at 860-559-1860 before arrival. For Veterans & spouses of any age.

MORE CENTER NEWS & VOLUNTEER OPPORTUNITIES

GET THE LATEST NEWS BY EMAIL!!! After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs, “give a-ways”, last minute trip shares, lectures or important information on community news & fun stuff to do!! **If you are receiving your newsletter by email, you are already ‘on the list’ to receive these notifications.** You may add the option of getting your newsletter emailed, as well as having a copy mailed or picking up a copy. If you want to add “Email Newsletter” to your member information, send an email to beamc@plainville-ct.gov. PLEASE NOTE: We do NOT share your email with anyone. Let us know if you change your email address.

SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you’d like to display in our showcase, please call the Senior Center to let us know. Displays are typically in the locked showcase for a month. **MARCH Display:**

**Connie Bassi:
Painted Rocks**



MEALS ON WHEELS needs an every other Monday volunteer driver. Please contact Victoria for more information.

LANGUAGE INTERPRETERS—WE NEED YOUR HELP! Once in a while, someone comes to us for help or calls & we cannot communicate because of language. Would you help us understand & translate? Call Shawn or Victoria at the Senior Center.



PEAK CENTER & GREETER VOLUNTEERS NEEDED

PEAK volunteers receive a reduced subscription to the PEAK center. Stop by the front desk.

THANK YOU FABULOUS VOLUNTEERS—Please be sure to record your hours. These hours are very important and we appreciate all you do for our Center! Thank You!!! Record hours on the board or online (<https://schedulesplus.com/plainville/kiosk>).

DAILY LUNCHES AT THE SENIOR CENTER—Menu available at the Senior Center

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation.

Reservation Procedure: Call on Mondays by 10:30 AM to reserve a lunch on Wednesday
Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday
Call on Wednesdays by 10:30 AM to reserve a lunch on Friday
Call on Thursdays by 10:30 AM to reserve a lunch on Monday & Tuesday/or the entire week

****NEW—\$3.00 **
suggested donation**

***Monday thru Thursday: lunch is served at 12:00 PM *Friday: lunch is served at 11:30 AM**

St. Patrick’s Day 	Happy Easter		MARCH	1 Potato Pollock
4 Breaded Chicken Patty	5 Taco Tuesday	6 Beef Burgundy	7 Soup/Turkey Sandwich	8 Veggie Chili
11 Penne/Meatballs	12 Diced Chicken Divan	13 Corned Beef /Cabbage	14 Cheeseburger	15 Minestrone Soup
18 Salisbury Steak	19 Pork Chopette	20 South. Chicken Stew	21 Pot Roast	22 Stuffed Salmon
25 Chicken Parm	26 Taco Mix Casserole	27 Easter Special—Ham	28 Roast Turkey	29 CLOSED

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with walking, marching and other moves to benefit the heart. Strength training with light weights & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS *TUESDAYS, 2:20 PM–3:05 PM*

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core & stretching.

BALANCE CLASS *TUESDAYS, 1:30 PM –2:15 PM*

INSTRUCTOR: NANCY PANDOLFO

This 45-minute class works on balance with holding poses, adding movement, & sometimes one light free weight. Working on balance is perfect for keeping you from slipping & falling and helps work on core & leg strengthening.

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM–10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

This 45-minute class includes both chair & standing yoga poses, lots of stretching & Pilates. In Pilates, you will target a specific muscle, squeeze it & work through a motion which also tones your lower body and core.

THE PEAK FITNESS CENTER

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want.

PEAK hours: Monday—Thursday 9:00 AM—3:00 PM Friday: 9:00 AM—1:00 PM

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM —11:30 AM

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 PM – 3:00 PM

INSTRUCTOR: EVELYN MORIN

Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new.

WATERCOLOR CLASS

THURSDAYS, 9:30 AM—11:30 AM

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2 and 5

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, MARCH 6 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting March 13 if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins
MONDAY			
Acrylic Painting	10:00-12:00	Feb. 12—Apr. 8, 8 weeks \$16.00 No Class Feb. 19	
Power Burst	1:30—2:30	Jan. 8—Mar. 18, 8 Weeks, \$16.00 No Class Jan. 15, Feb. 12, Feb. 19	March 25—June 3, 8 weeks, \$16.00 No Class, Apr. 1, Apr. 29, May 27
Chair Pilates & Balance	2:45—3:45	Jan. 8—Mar. 18, 8 Weeks, \$16.00 No Class Jan. 15, Feb. 12, Feb. 19	March 25—June 3, 8 weeks, \$16.00 No Class, Apr. 1, Apr. 29, May 27
TUESDAY			
Balance Class	11:45-12:30 *1:30—2:15	Jan. 9—March 5, 6 weeks, \$12.00 *Time Change 2/6—4/9	March 12—April 30, 6 weeks, \$12.00 No Class March 26 *Time Change 2/6—4/9
Cardio Chair Fitness w/ Nancy	1:00—1:45 *2:20—3:05	Dec. 26—Feb. 20, 6 weeks, \$12.00 *Time Change 2/6—4/9	Feb. 27—April 9, 6 weeks, \$12.00 No Class March 26 *Time Change 2/6—4/9
WEDNESDAY			
Zumba Gold	9:30 -10:30	Jan. 31—Mar. 20, 8 weeks, \$24.00	Mar. 27—May 15, 8 weeks, \$24.00
Quilting	9:00-11:30	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Feb. 29—Apr. 18, 8 weeks, \$32.00	
Watercolor	9:30—11:30	Jan. 25—Mar. 28, 10 weeks, \$30.00	Apr. 25—June 27, 10 weeks, \$30.00
Knitting/Crochet	1:00—3:00	Mar. 7—May 2, 8 weeks, \$16.00 No Class Mar. 14	
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates Feb. 23—Apr. 5 NO CLASS Mar. 29 Free if you have Silver Sneakers <u>OR</u>	FOR: Silver Sneakers and Yoga—lates Apr. 12—May 17 Free if you have Silver Sneakers <u>OR</u>
Yoga-Lates	10:50-11:35	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, call us here at the Senior Center (860)747-5728 and we can register you.

OUTDOOR ADVENTURES

HIKE AT HAMMONESSET & LUNCH AT LENNY & JOE'S

SATURDAY, MARCH 16, 10:00 AM—3:30 PM

COST: \$8.00 Registration begins March 6

Enjoy a beautiful walk through the park on Hammonesset's three-mile BURT trail from West Beach all the way to Meigs Point. Following the walk, we will have lunch at Lenny & Joe's Fishtail Restaurant in Madison (pay on your own). The bus will leave the Senior Center at 10:00 AM and return roughly around 3:00 PM. Please remember to dress appropriately, wear good walking shoes or hiking boots and bring water. Space is limited and registration is required.

LET IT SNOW AND LET US SNOWSHOE

Please call the Senior Center to add your name to our impromptu snowshoe adventure list. If it snows and conditions are good for snowshoeing, we will contact you to see if you'd like to go for an impromptu snowshoeing adventure. We have a few pairs of snowshoes available for folks who need them. We will maintain the list through the winter. If you can join us great, if not, we'll call you for a future trip.



FREE MONTHLY SHOPPING TRIPS

WEDNESDAY, MARCH 13, 10:30 AM

Free Shopping Trip with Dial-a-Ride bus. You choose: Walmart or Bristol Plaza (with *You Choose* TJ Maxx, Ocean State Job Lot, Burlington, Stop & Shop and much, much more).



Leaves Senior Center at 10:30 AM. Home pick ups for those that cannot drive before 10:30 AM.

Return pick up: 1:45 PM Walmart

2:00 PM Bristol Plaza

PLAINVILLE SENIOR CENTER DIAL-A-RIDE DRIVER NEEDED!

The Plainville Senior Center has an immediate opening for a Dial-a-Ride Drivers must have a Public Passenger Endorsement, F-endorsement (no testing required) or a school bus driver's license in order to drive the 14 passenger wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour). Hours based on demand. Contact Shawn or Victoria at the Senior Center, 860-747-5728 for more info & an application or apply online: www.plainvillect.com

QUICK TRIPS—NEW

SHREK! THE MUSICAL

SUNDAY, MARCH 24, 2:00 PM

ST. PAUL'S CATHOLIC HIGH

SCHOOL, BRISTOL

COST: \$20.00 Must sign up by March 11

Join us for a Quick Trip to enjoy the musical "Shrek! The Musical". This is adapted from the award-winning Broadway show in which a benign green ogre and his sidekick, Donkey, save the land from an evil lord and rescue a lovely princess from a terrible fate. The cost of \$20.00 is for the show and transportation. Home pick-ups (for those who don't drive) will begin at 12:45 PM and the bus will leave the Senior Center at 1:15 PM. Bus will return to Plainville about 5:00 PM.



CHESHIRE SYMPHONY ORCHESTRA

SPRING CONCERT @ST. PETER'S CHURCH

FRIDAY, MARCH 22, 6:30 PM COST: \$18.00

Sign up begins March 6

Join us for a Quick Trip to Cheshire Symphony Orchestra's Spring Concert at St. Peter's Church on Friday, March 22, at 7:30 PM. Under the direction Dr. Hilarie Clark Moore enjoy musical performances of Anderson's Irish Suite, Herbert's Irish Rhapsody, & Beethoven's Symphony No. 3 in Eb major ("Eroica"), Op. 55. The \$18.00 cost includes show & transportation.



Home pick-ups (for those who don't drive) will begin at 5:45PM and the bus will leave the Senior Center at 6:30 PM. Bus will return to Plainville @ 9:30 PM.

QUICK TRIPS—RESCHEDULED

MAGIC WINGS, BUTTERFLY CONSERVATORY & YANKEE CANDLE

SATURDAY, MARCH 23 Leaves Senior Center at 8:30 AM & returns approx. 4:30 PM

COST: \$26.00 per person includes Butterfly admission and transportation by Dial-a-Ride bus. (Coffee stop on way to Butterfly Conservatory).

TRIP IS NEARLY FULL * Please sign the waitlist if interested.





NEW TRIPS



LOBSTER & A GREAT SHOW—FEATURING: JIMMY RUSSO *The LOG CABIN: Holyoke, MA*
 Wednesday, July 17, 2024 **COST:** 124.00 per person *Departure: 9:45 AM, Our Lady of Mercy Church, 19 South Canal Street, Plainville* *Estimated Return: 5:30 PM Plainville, *Departure Time Subject to Change.*
 Excellent Menu: Welcome Tray with Cheese & Vegetable Platter, Shrimp Cocktail, House Garden Salad served with Signature Breads, Lobster OR Prime Rib, BBQ Chicken, Yummy Dessert with Coffee Advance Choice Required. **SEE FLYER FOR DETAILS.**

IRELAND SAMPLER: OCTOBER 26—NOVEMBER 2, 2024, 8 Days/6 Nights.

Dublin* Galway* Killarney & More...



Includes Non-Stop Flights from Hartford! Includes a 2 night Castle Stay! \$3,449.00 Per Person Double.
9 SEATS ARE STILL AVAILABLE. SEE FLYER FOR DETAILS.

TULIPS & WINDMILLS 2025—ESCORTED VIKING RIVER CRUISE: DISCOVER HOLLAND AND BELGIUM March 28—April 7, 2025 Book by April 17, 2024 or until sells out. (Historically sells out a year in advance.)



Roundtrip Motorcoach to airport. 9 Nights onboard the Viking Edgir, Viking Longship. All onboard meals created by Swiss-trained chefs. Complimentary wine, beer and soft drinks, bottled water, coffee, tea, cappuccino with onboard dinner and lunch service. 8 Guided Shore Excursions utilizing an audio headset system. Attentive Service from award winning, English-speaking staff plus Viking Concierge. All Taxes and Port Fees. Complimentary WiFi.(Roundtrip Air Not Included).
SEE FLYER FOR DETAILS.

TULIPS & WINDMILLS TRIP MEETING: *March 8, 2024 at 9:30 AM*

Video and discussion. Plan ahead for 3/28—4/7, 2025.

One of the premiere trips that Viking River Cruises does each year is a 9 night cruise of the Netherlands and Belgium. Friendship Tours is offering a fully escorted (CT to CT) trip that fills a year in advance each time it is offered. Flyers available at the Senior Center. Please call to sign up & let us know you will attend the discussion. ***PLEASE SEE ABOVE AND PICK UP A FLYER IF INTERESTED.**

CURRENT TRIPS

A TASTE OF ITALIAN NEW YORK: *SATURDAY, APRIL 20, 2024* **COST:** \$151.00 pp,
Departs: 8:00 AM from Plainville Senior Center Return: 7:00 PM. Visit 3 NY Food 'Hot Spots' in 1 fun day. Zabar's Upper West Side (Gourmet Market), Carmine's Upper West Side (Family-style restaurant) and Arthur Avenue, Bronx (considered to be the real Little Italy by some). Bring a cooler to take home your favorites. Moderate walking. **SEE FLYER FOR DETAILS.**

SIGHT & SOUND THEATRE PRESENTS DANIEL, *Wed.—Fri. JULY 10—12, 2024* **COST:** \$645 pp double/triple, \$779 pp single, *Departs: Plainville (details TBA).* Included motorcoach, 2 nights hotels, 2 breakfasts, 2 dinners, sightseeing/admission, Escort, Driver and Tour Director Gratuity, Motorcoach tour to Lancaster, PA, Comfort Suites, Authentic Amish Dinner, Old Windmill Farm visit, explore Kitchen Kettle Village, reserved seats for Daniel, Dinner at Shady Maple Smorgasbord. On the way home, stop in Philadelphia for Independence National Historical Park, National Constitution Center, Historic District and the Liberty Bell. **SEE FLYER FOR DETAILS.**



TROPICANA ATLANTIC CITY, CASINO & SHOW: *Wed—Fri. AUGUST 21—23, 2024*

COST: \$499 pp double/triple, \$679 PP SINGLE. *Departs: Plainville (details TBA)*

Deluxe motorcoach, Tour escort, gratuity, 2 nights hotel, Casino Bonus: \$30 slot play, \$50 food Voucher & Matinee show—'Bachelors of Broadway'. **SEE FLYER FOR DETAILS.**



SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, MARCH 19, 10:30 AM

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or register online at www.schedulesplus.com/plainville



CAREGIVING CONNECTIONS

TUESDAY, MARCH 12, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. Register to attend by calling the Senior Center.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, MARCH 21, 2:00-OPEN TO THE PUBLIC
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends & interact with other. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

To qualify for a 10% discount, your annual income for

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

To qualify for a 50% discount, your annual income for

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits. Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$41,553 (gross) and a family of two could possibly make \$54,338 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or online at:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2024**. Income limits must not exceed \$43,800 for a single person and \$53,400 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$50,300 for a single person and \$57,300 for a married couple.

Applicants must be 65 years or older prior to December 31, 2023 or have a 100% disability rating from the Social Security Administration or be the widow/widower age 55 or over of a previously approved applicant and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 8733.

MORE SUPPORT AND ASSISTANCE

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2023. There is no asset limit. **Single \$2,430; Couple \$3,287.** Call Stephanie with any questions or to assist with an application.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS: When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceiling, washing walls & so much more. Please call Stephanie at the Senior Center for more information.



COMMUNITY NOTES

BREATH—BODY—MIND WORKSHOP

Every 3rd Wednesday of the month *FREE
(6:00 PM—7:00 PM)

Next Class Date: March 20
At the CT Clearinghouse (334 Farmington Ave., Plainville)



Description: In this workshop you will learn gentle movement and breathing practices. BBM techniques are easy to learn and allow any individual the ability to heal from within. You are welcome to sit in chairs or bring a blanket or yoga mat. The potential benefits include improved mood/stress management, emotion regulation, energy, sleep, & mental focus.

Facilitated by Linda Lentini, an experienced Level 4 BBM Teacher.
Register at www.ctclearinghouse.org, 959-465-9151 or mltaylor@wheelerclinic.org

HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: FREE Installed smoke alarms if needed *Family Disaster Plan Guidance *Valuable emergency preparedness tips/info Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.

THE CONGREGATIONAL CHURCH OF PLAINVILLE:

THE C.C.P. Presents...concert series offered at UCC, 130 West Main St., strives to offer the Plainville community concerts at least once a month.

The performers for each concert vary to keep the series fresh & innovative. For more info regarding the concert series, please contact the Church Office at

860-747-1901, email churchoffice@uccplainville.org or view the church website at uccplainville.org



PLAINVILLE FOOD PANTRY - 54 South Canal Street* 860-747-1919 * www.plainvillefoodpantry.org

The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients. Please donate: Non-perishable food items and personal care items cleaning and paper goods.

STORM CLOSING INFORMATION

Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities.

Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC and Fox 61** as well as radio **WTIC 1080 AM.**

- ◆ If Senior Center activities are cancelled, the Center remains **OPEN.**
- ◆ If public schools have a delayed opening, we open at our regular time of 9AM and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- ◆ Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.



MORE COMMUNITY NOTES

THE CONNECTICUT DEPARTMENT OF AGING AND DISABILITY SERVICES' UNIT ON AGING WANTS TO HEAR FROM YOU!

The CT Dept. on Aging & Disability Services' State Unit on Aging (SUA) is updating the strategic plan around services for aging people in CT. To ensure the plan includes priorities important to residents, we have set up several community conversations across CT. Join us for one of these in-person or virtual discussions to hear about the plan, and to give feedback about supports & services & how to improve the quality of life for residents. Information at agingstateplan@ct.gov or call 860-424-511 or 866-218-6631.

Virtual Discussion: Monday, March 11, 1:00 PM—3:00 PM. You can also write your comments for Information. Please get a packet at the Senior Center front desk.



FOOD SHARE PROGRAM THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing food assistance. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up & a volunteer will put the groceries in your car!



WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference Room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).

DEMENTIA SUPPORT GROUP—Arden Courts of Farmington—45 South Road, Farmington, CT 06032 <https://www.arden-courts.org/farmington>
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. RSVP to Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org

MEMORY CARE KITS—The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. *Two-week loan period. Call or visit the Reference Desk for more information.

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062, 2ND Monday of the month, 6:30 PM—7:30 PM
Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com



AARP PLAINVILLE—WEDNESDAY, MARCH 20, 1:00 PM
Faith Bible Church, 168 Unionville Ave., Plainville.
Refreshments served!

Reservations/Info: Sharon 860-712-2795 

UPCOMING TRIPS:

MARCH 27—Encore Boston Casino (\$20 free slot play bonus) with time at Quincy Market

JUNE 26—Coastal Queen Cruise—Newport Harbor, RI includes lunch at Johnny's Restaurant and time to shop on Bowen's Wharf.

Please contact Sharon for more information.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446

PLAINVILLECT.COM/LIBRARY *Library cards are FREE to all CT residents *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes *WI-FI Anytime, Anywhere

HEALTH PROGRAMS AND INFORMATION

NEW INCOME LIMITS:

MEDICARE SAVINGS PROGRAM (MSP)

Singles Range From: \$2,564 to \$2,989

Couples Range From: \$3,468 to \$4,043

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They will pay the Medicare Part B & Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN



IS AVAILABLE BY APPOINTMENT FOR:
REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

FREE COVID-19 TESTS: Every U.S. home is eligible for 4 additional free at-home tests—total of 8. Order at <http://covidtests.gov> or come to the Senior Center front desk for assistance.

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD: January 1—March 31, 2024

The Medicare Advantage Open Enrollment Period (MA OEP) begins 01/01/2024 and ends 03/31/2024. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to make certain changes. During the MA OEP, beneficiaries already enrolled in a Medicare Advantage Plan can: 1. Switch to another MA Plan (with or without drug coverage). 2. Return to Original Medicare (this is done by simply enrolling into one of the 27 stand-alone drug plans for 2023). Beneficiaries who do so should also consider purchasing a Medigap plan. During the MA OEP, beneficiaries enrolled in Original Medicare cannot: 1. Switch from Original Medicare Advantage Plan. 2. Switch from one stand-alone drug plan to another. If you have any questions, call Stephanie at the Senior Center, (860)-747-5728.

COVID-19 TEST KIT FRAUD ALERT: The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.



MEDICARE DATA BREACH INFORMATION:

The Dept. of Health & Human Services have informed us that some people may be receiving a letter with a new Medicare card. This is **NOT A SCAM**, but a precautionary measure taken by the Center for Medicare & Medicaid Services because of a data breach. If you receive a new card start using it as of Dec. 29, 2023. When in doubt, Medicare Recipients should call MEDICARE (1-800-633-4227) with questions or concerns.

MEDICARE FRAUD: The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

- 1. If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
- 2. Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
- 3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).** Visit Medicare.gov, the official source for Medicare information, to learn more about preventing Medicare fraud.

SCAM ALERT 'NEW MEDICARE CARD' SCAM—

Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed info.

Donations

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our Lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

GENERAL DONATIONS

Anna Raimondi, Darlene Egan, Grace Bonola, Virginia Lennon, Marge Burris, Leona Bisson, Barbara Barton, Marge Rio, Carol Conroy, Rita Susco, Joanne Lavoie, Barbara Abbott for Dean Goldsmith, Diane Chamberlain, In Memory of Terrie (Theresa Dixey), Rosemarie Nyberg, Paula Magio, Ron Cousins, Lillian Ouellette, Plainville Police Department, Emily LaBrecque, Carolyn Ticino, Cheryl Olson, (Hartford Health Care), Joyce Goldberg, Judy Humphrey,

DIAL-A-RIDE DONATIONS

Linda Bojanowski, Anonymous, Barbara Barton, Marjorie Piercy, Rosaleen Peters, Douglas Kaller, Charlotte Politis, Robert Guerriere, Little DAR Bus, Marjorie Rio



MEMORIAL DONATIONS

IN MEMORY OF: Georgia Jewell

Senior Center Choral Group c/o Henrietta Zooleck, Ana Covey

Cheer Report

The Plainville Senior Center makes every effort to send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at (860)747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Dawn Dallas, Nina Thone, Rosaleen Peters, Sally Cobrain, Walter Latko, Judith Ronewicz, Dale Nightingale, Stephanie Soucy, Carl Freeman, Daryl Alasatianos, Maryana Merzlyak, Helena Niziolek, Fran Martin, Beatrice Dumont, Skip Kensel, Jeannine Martino, Alan Cohen, Bob Labarre, Bev Heslin, Juliana Rudolph, Gladys Berry

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Jean Perreault, Carole Dimock, Diana Giumond, Joel Edman, Helen Bergenty, Edith Frazee, Howard McCarthy, Eilleen Inman, Betty Karwowski, Joy Adamski, Bob LaBarre

SYMPATHY CARDS WERE SENT TO:

Diane Sperry, JoAnn Edman, Robert & Lisa Metayer

JANUARY NEW MEMBERS



Frank Brooks, Carol Carbone, Karen Costagliola, Eloise Giannelli, Wayne Gordon, Kathleen Havens, Joyce Jones, Stephen Karwowski, Emily Labrecque, Leo Labrecque, Mara Maislen, Gaetan Martin, Linda Martin, Grazyna Mroz, Zdzislaw Mroz, Leonard Mytych, Bob Possum, Cheryl Possum, Lisa Rowe, Cordena Thompson

Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. If you wish your donation to remain anonymous, please let us know. We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

BRING ME BACK HOME—FLYERS AVAILABLE AT GREETER DESK

What is the Bring Me Back Home Program? (BMBH) is a new registry for Connecticut residents accessible by law enforcement to assist in the recovery of missing or wandering persons. The photo and information helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How does Bring Me Back Home work? - A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. **When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.**

Who is Eligible? - All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost. You can register online at www.ct.gov/BMBH.

*Please call Stephanie at the Senior Center with any questions: 860-747-5728

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FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

JAN. 22:1st: Linda Dominique/Mary Levant 2nd: Robert Albrecht/Mark Dunn
3rd: Ann Testa/Madeliene Drake
JAN. 29:1st: Robert Albrecht/Liz Aloï 2nd: Donna Albrecht/Sandy Tyminski
3rd: Verna Pekrul/Bernard Brabeck
FEB. 05:1st: Tom Wachowski/Janet Sanborn 2nd: Elaine Chartier/Alyce Lembo
FEB. 12 : 1st: Gail Kreneck/Peggy Grant 2nd: Diane Carlson/Sharon Mazzoci
3rd: Elaine Chartier/Alyce Lembo

POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play –NO need to sign up, just show up.
EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

LADIES BILLARD OPEN PLAY Tuesdays from 10AM—12PM

EMERGENCY PREPAREDNESS PLAN—Do you have an Emergency Plan if the power goes off?

It is time to review your plans in the event of an emergency. Weather related power outages are always a possibility, esp. during the winter season.
 *It’s important to have a plan of action that includes an emergency food supply and bottled water for at least a week. Be sure to have medications filled timely so you don’t run out. Have a portable radio, flash light and new batteries ready for use. If possible arrange to move in with family members during the emergency. Hospital Emergency departments are not shelters and should be used for medical emergencies only.
 *Community shelters may open in the event of an emergency. However, keep in mind that you have to be able to sleep on a cot and be independent with personal care. Shelters do not have hands on staff available to assist folks.
 *Know where your important documents are, including medical cards, so you can take them with you. Be sure to take your medications and any telephone numbers you may need.
 ***File of Life**—Pick up a File of Life at the Senior Center to complete and have handy. If you have a File of Life review the info to be certain it is up to date.
 *Connect with your family, neighbors and friends and friends who are part of your emergency plan. Listen to WTIC AM 1080 for emergency information including the possible opening of shelters.

MONEY TREE IS BACK—We are kicking off Spring by bringing back our popular money tree. All proceeds to our valuable Dial-a-Ride program. Tickets can be purchased at the greeter’s desk starting March 4 and will be drawn March 28.
 1 ticket for \$1.00 or 6 for \$5.00.



REFUND POLICY: If you are receiving a refund for a program of \$10.00 or less, we will add a credit to your account, instead of issuing a refund check. This will allow you to use the credit towards other programs.

POLICY: As of March 1, **Food and Beverage** will NOT be allowed in the Living Room or the Computer Area (You may utilize the Café Area). Thank You!

MEGA SIGN-UP DAY MARCH 6, 9:15 AM—4:45 PM

Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash & checks made out to Plainville Senior Center only.



Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.

Our Dial-a-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.



SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Victoria at (860)747-5728.

To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit

ANOTHER OPTION WITH MORE HOURS & DESTINATIONS



The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

Plainville hours, except for major holidays, are:

Monday-Friday 5:35 AM—Midnight

Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at Shop & Stop or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$2.80 each).

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply: The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

***Effective Jan. 8, 2024,** all passengers traveling on the Greater Hartford Transit District's ADA Paratransit vehicle must wear a seatbelt/lap belt. Documents must be provided for disability exemption to pwilliams@ghtd.org or mbanker@ghtd.org or by mail.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call (860)247-5329, extension 3086.

MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	26 9:00 NURSE* 9:15 Walk (GR) 10:00 Diabetes (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	27 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 10:30 Grandparents (CR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	28 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Game Day (BR)	29 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	1 9:00 Income Tax* 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	2
3	4 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	5 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	6 9:15 MEGA SIGN-UP 9:15 Money Raffle starts 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	7 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	8 9:00 Income Tax* 9:15 Walk (GR) 9:30 Tulip Trip Mtg. (CR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	9
10	11 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	12 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Caregiv. (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:00 Chinese NY (BR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	13 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 10:30 Shopping Bus 1:00 Bingo (GR) 1:15 Charlem. (CA)	14 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:30 Line Dancing (BR)	15 9:00 Income Tax* 9:15 Walk (GR) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:30 St. Pat.(BR) 10:50 Yoga-Lates (GR)	16 10:00 OA-Hammesst
17	18 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 Easter/Spring Card Class (CR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	19 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandparents (CR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Balance (BR) 2:20 Cardio Chr (BR)	20 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	21 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Snap.SnrPhoto(GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Movie-BoyBoat(BR) 2:00 Memory Café (CR)	22 9:00 Income Tax* 9:15 Walk (GR) 10:00 Book Buds (OS) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR) 6:30 Cheshire Symphony	23 8:30 Butterfly Trip
24 2:00 SHREK  31 HAPPY EASTER	25 9:00 NURSE* 9:15 Walk (GR) 10:00 Diabetes (CL) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:00 Spring Bird (CA) 2:45 Chair Pil/Bal(BR)	26 9:00 NURSE* 9:15 Walk (GR) 9:30 Income Tax* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	27 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	28 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 4:00 Money Tree Draw.	29  	30